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Sample Practice Overview

Date: _____

Time: _____

Location: _____

Stations Overview

Station	Drill/Activity Name	Coach	Time	Notes
Station 1			_____ min	
Station 2			_____ min	
Station 3			_____ min	
Station 4			_____ min	
Station 5			_____ min	

Dynamic Warm-Up

Coach: _____

Time Allotted: _____ minutes

Activity	Description	Duration	Notes
Jogging	Light jogging to increase heart rate	_____ min	
Dynamic Stretches	Leg swings, arm circles, torso twists, karaoke, figure four	_____ min	
Agility Drills	Ladder drills, cone drills	_____ min	

Throwing Warm-Up (3X/2X Throwing Drills)

Coach: _____

Time Allotted: _____ minutes

Drill	Description	Duration	Notes
Beginner Throws	Drive Drills, Med Ball Slams, Crossover Throws, etc	_____ min	
Med Ball Throws	The focus is optimizing the kinetic chain	_____ min	
Target Throws	Transferring mechanics from med ball throws	_____ min	

Throwing Block

Coach: _____

Time Allotted: _____ minutes

Activity	Description	Duration	Notes
Partner Throws	Short to long distance throws	_____ min	
Mechanics Focus	Emphasis on leg drives, hip to shoulder separation, trunk and arm path	_____ min	
Progressive Throws	Gradual increase in throwing distance to game simulation	_____ min	

Hitting Warm-Up (GFT Hitting Drills)

Coach: _____

Time Allotted: _____ minutes

Drill	Description	Duration	Notes
Med Ball Throws	Focus on optimizing the kinetic chain	_____ min	
GFT Tee Drills	Transferring the mechanics from the med balls to the bat	_____ min	
Power Hitting	Practice hitting for power with emphasis on hip rotation and weight transfer	_____ min	

Hitting Block

Coach: _____

Time Allotted: _____ minutes

Activity	Description	Duration	Notes
Tee Work	Practice hitting from a stationary tee	_____ min	
Soft Toss	Coach or teammate tosses balls for practice	_____ min	
Batting Practice	Use pitching machines or live pitching	_____ min	

Competition Block

Coach: _____

Time Allotted: _____ minutes

Game	Description	Duration	Notes
Home Run Derby	Competition to hit the most home runs	_____ min	
Relay Races	Base running relays to improve speed and teamwork	_____ min	
Fielding Challenges	Create fielding drills with a scoring system	_____ min	

Strength & Conditioning Block

Coach: _____

Time Allotted: _____ minutes

Drill	Description	Duration	Notes
Bodyweight Exercises	Push-ups, Pull ups, squats, lunges	_____ min	
Resistance Bands	Strength training with resistance bands	_____ min	
Core Workouts	Planks, sit-ups, leg raises	_____ min	
Speed & Agility	Plyometrics, Ladders, Speed Improvement, Sprints	_____ min	

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